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ABSTRACT

GRADES OR AGES: Unspecified. SUBJECT MATTER: Effective living. ORGANIZATION AND PHYSICAL APPEARANCE: Most of the pages are divided into three columns: concept, some activities, and teacher comments. The guide is offset printed and spiral bound with a soft cover. OBJECTIVES AND ACTIVITIES: The guide is divided into eight units: human growth and development; foods and nutrition; mental health safety; solving health problems; tobacco, drugs, and alcohol; family living; and world of work. Each unit, except the last one, includes between 13 and 40 learning concepts with a number of student learning activities for each. The activities, described only briefly, are predominantly class discussions. Sequencing within the course appears to be left to the teacher. INSTRUCTIONAL MATERIALS: Each of the eight units concludes with a list of resources--books, pamphlets, films, and agencies; however, they are not specifically integrated into the units. In addition, three bibliographies prepared by Delaware schools are appended. The 271 citations for K-12 grade levels are on health, the human body, the senses, and professions. STUDENT ASSESSMENT: None. (LP)

SP007222

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AUG 11 1970

Living Effectively in the 70's

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OFFICE OF EDUCATION
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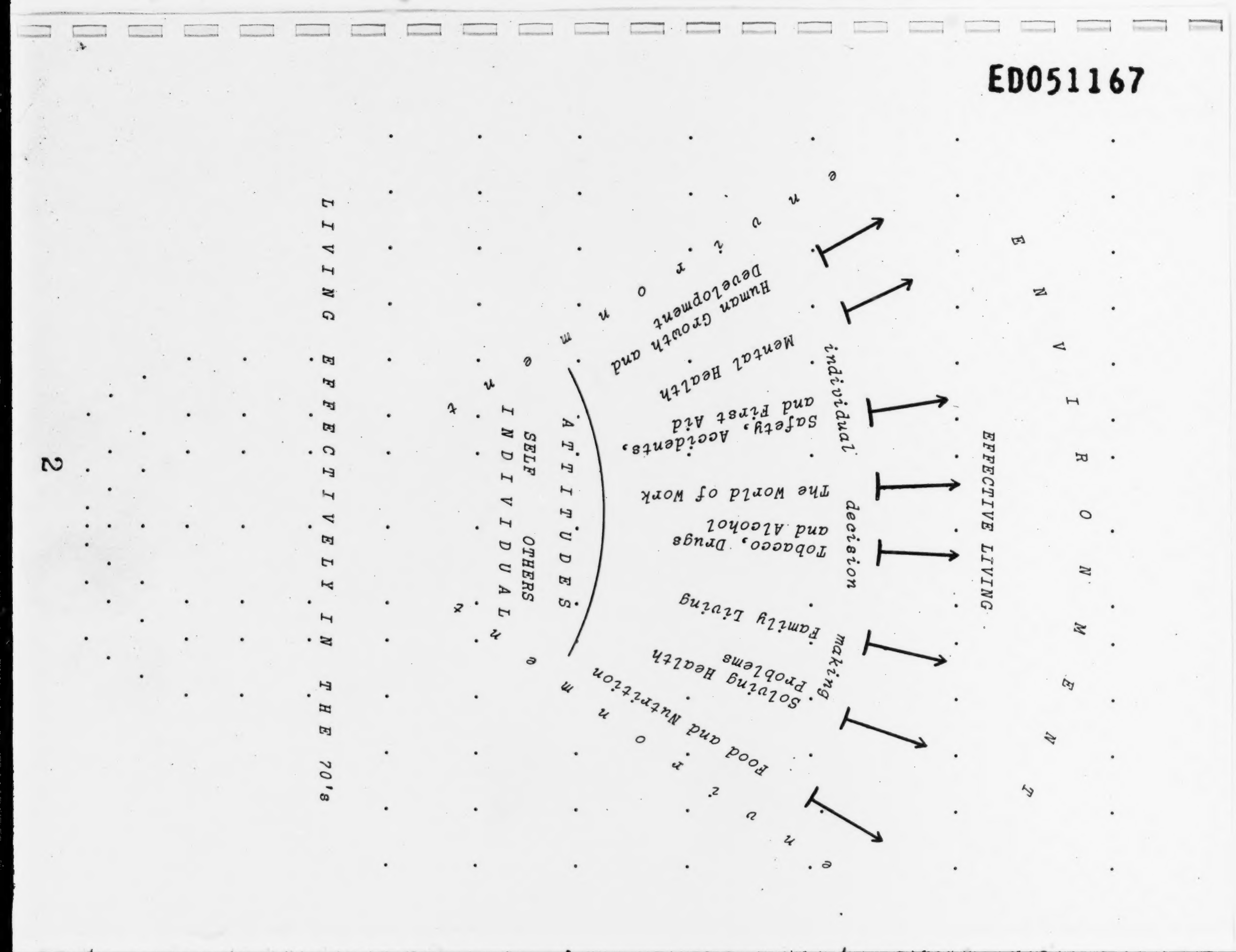
LIVING EFFECTIVELY IN THE 70's
SELF
INDIVIDUAL
OTHERS
ATTITUDES
Human Growth and Development
Mental Health
Safety, Accidents, and First Aid
The world of work
Tobacco, Drugs and Alcohol
Family Living
Solving Health Problems
Food and Nutrition
making decision
individual
ENVIRONMENT
EFFECTIVE LIVING

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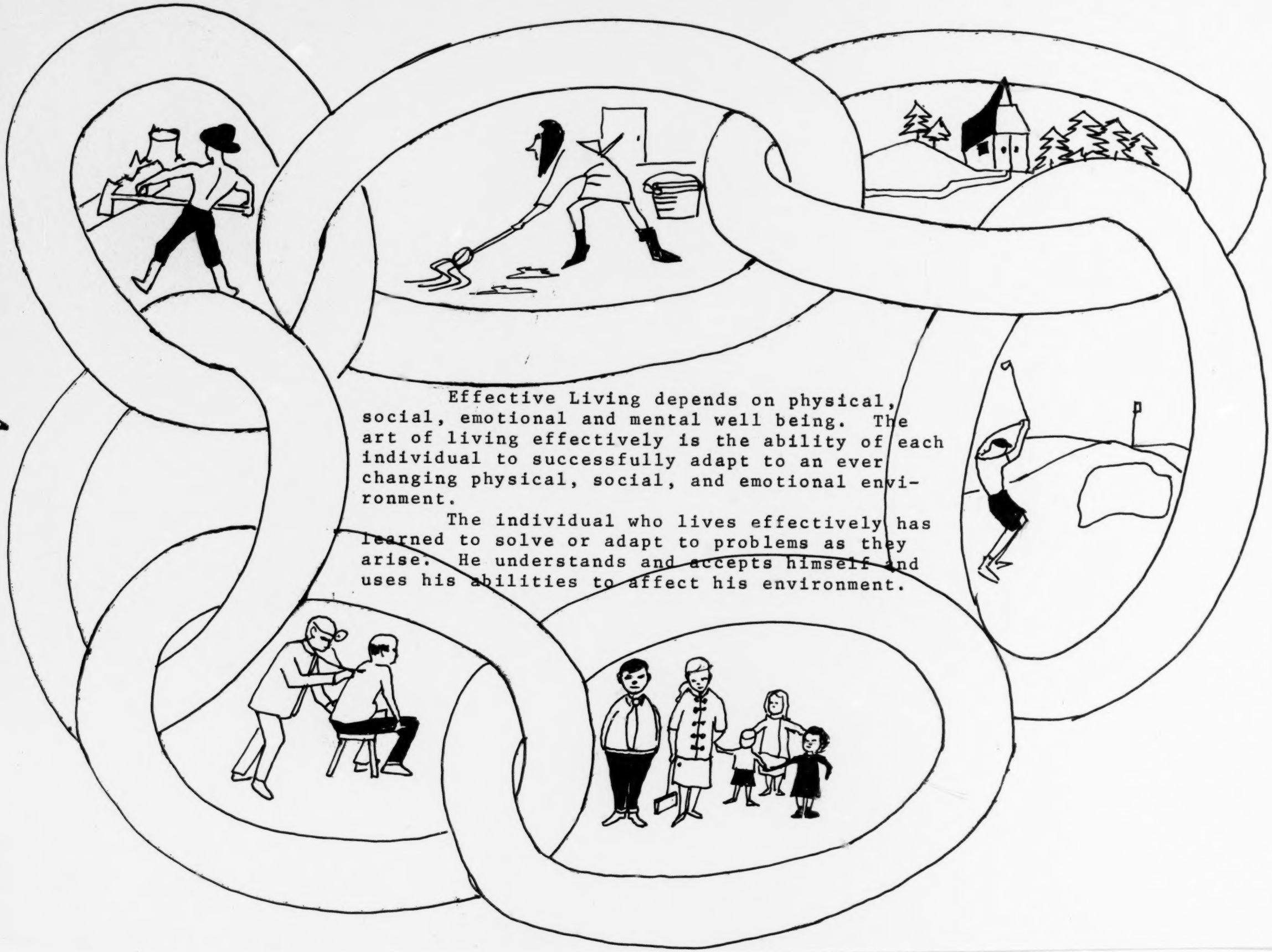

Effective Living depends on physical, social, emotional and mental well being. The art of living effectively is the ability of each individual to successfully adapt to an ever changing physical, social, and emotional environment.

The individual who lives effectively has learned to solve or adapt to problems as they arise. He understands and accepts himself and uses his abilities to affect his environment.

ACKNOWLEDGEMENTS

The development of this OPENENDED, TEACHER IDEA-PLAN BOOK, is the result of the effort and time of many persons.

Special appreciation goes to:

Dr. Vincent Granell, Director
American Association for Health,
Physical Education, and Recreation (NEA)
1201 16th Street, N.W.
Washington, D.C. 20036

Miss Elsa Schneider
Comprehensive Program Manager for
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U.S. Office of Education
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Washington, D.C.

Mr. Roy Davis
Community Program Development Section
National Clearinghouse for Smoking
and Health
Division of Chronic Disease Programs
Regional Medical Programs Service

Mrs. Edith Vincent
Supervisor of School Nurses
State Department of Education
Dover, Delaware

We are indebted to several agencies. The Wilmington Hospital Association has been most helpful in providing personnel and facilities.

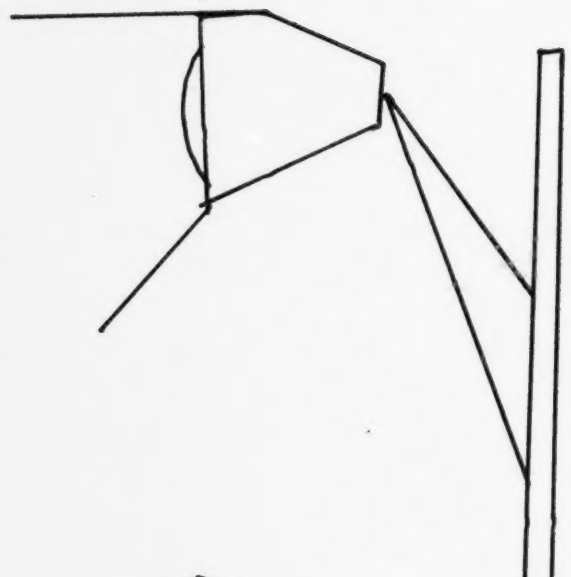
Appreciation is expressed to the original steering committee and to the work committee who developed this plan book.

The present task is for all teachers to contribute their ideas toward the development of an Effective Living Program for all pupils in our district.

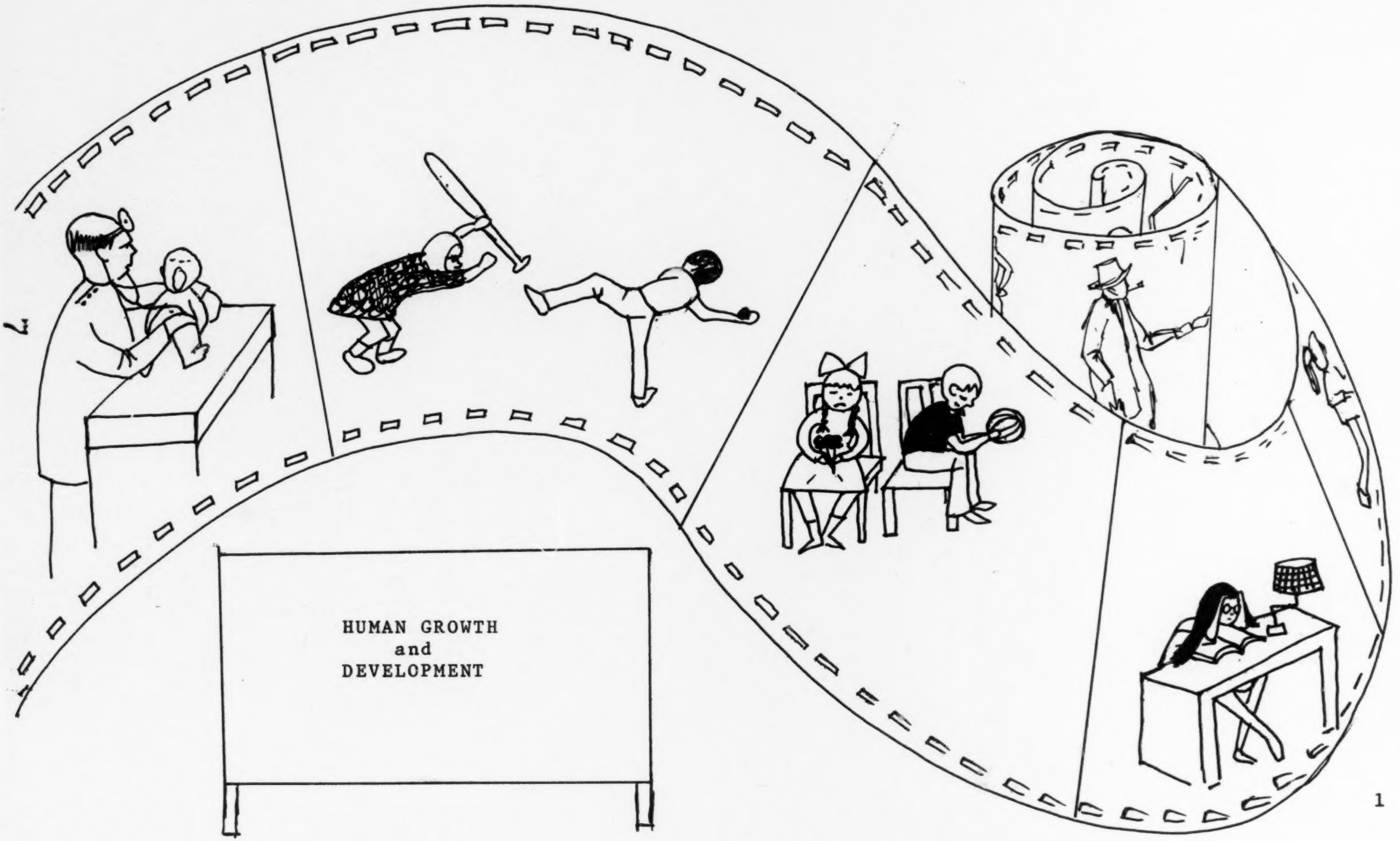
Sidney Collison
Director of Curriculum

About Resources

A list of resources (books, pamphlets, films, film strips and Health and Welfare Agencies) is included with each basic concept. The books, pamphlets, and film strips are available in our school district Instructional Materials Centers and the Curriculum Laboratory. Film[illegible] are available through the State Board of Educat[illegible]d other local agencies. The Health and Welfare Ag[illegible] listed may be a source of resource people[illegible] material.



The open space in your "plan book" is for your use in listing various ideas and resources used with your Effective Living instruction. The "plan book" will be collected at a later date with the listed ideas of each teacher. Your ideas will be incorporated into the "plan book".


HUMAN GROWTH
and
DEVELOPMENT

Concept	Some Activities	Teacher Comments
Living things are alike in many ways. They are different in many ways.	Discuss how people are alike. All plants and animals need food. Plants and animals obtain food in different ways. Animals obtain oxygen through lungs from the atmosphere. Fish obtain oxygen through gills from bubbles in the water. Plants and animals are dependent upon each other for existence - oxygen and carbon dioxide. What is normal? Is anyone normal? Discuss height-weight charts. Are they always true?	
Living things are unique.	Discuss combinations of characteristics such as eye color, hair color, size, voice, height, weight, etc. Make fingerprints, examine human hair. Discuss ability of humans to think and reason.	

Concept	Some Activities	Teacher Comments
We can influence our environment	Clothes we wear for different seasons. We heat our homes. We air condition our homes. We use artificial lighting. We attempt to control pests. Prenatal environment - drugs, alcohol, smoking, general health of mother. We must assume responsibility for shaping our environment. Classroom and school environment - reasons for rules, regulations, etc. so all can benefit.	
We can improve our environment through better understanding.	Discuss what we mean by environment - the environment at school, home, playground, to and from school. Smpg control, pollution of water. Building "necessitates" defolliage. Point out Red Clay Creek - runs through Yorklyn. Noise level; cars, electronic amplification, human noise. Litter, i.e. property respect.	

Human Growth and Development

Concept	Some Activities	Teacher Comments
Life comes from life	Discuss the fact that life is not spontaneous. Plant seeds Aquarium	
Humans are male and female, just as other animals and plants.	Field trips to farms, pictures of animals showing distinctions in sex. Male, female roles. Changing roles of the sexes in employment and in family roles. Societies changing attitudes toward these roles.	

Human Growth and Development

Concept	Some Activities	Teacher Comments
The biological function of life is to reproduce.	Discuss the short life span of certain insects. The spawning of fish and their natural urge at expense of death to return to their spawning grounds.	
Sexual reproduction provides greater variation in succeeding generations.	Compare asexually reproduced plants and animals and their differences with parents. With sexually reproduced animals and their differences from parents.	
All living things develop from a living cell. Each parent contributes characteristics to its offspring.	Discuss cell structure, mitosis, and meiosis. Discuss inherited traits such as eye color. How I am like (unlike) my mother. How I am like (unlike) my father. How I am like (unlike) another relative.	
Inheritance is regulated and traits are inherited with a predictable regularity.	Study plants and animals of definite heritage - a cross of black and albino rats, tall and dwarf plants.	

Concept	Some Activities	Teacher Comments
Sex chromosomes determine the sex of an offspring.	Discuss the sex chromosomes (ss-xy) of male and female and the combination determining the sex of the offspring. Geneology - Dominant and Recessive characteristics.	
Some characteristics are sex linked.	Investigate pedigrees of hemophilia in the royal family - colorblindness. Check class for colorblindness.	

Concept	Some Activities	Teacher Comments
These characteristics are passed along to new cells.	The reproductive cells we possess, male or female are determined by our parents. Chromosomes retain their individuality from generation to generation.	
Living things inherit traits which modify the environment.	Discuss hibernation, migration, nesting, home building of animals - also coloration.	

Concept	Some Activities	Teacher Comments
Related living things reproduce in similar ways and develop in similar ways.	Sprout seeds. Examine eggs. Discuss baby chicks and the fact they came from an egg. Other females reproduce in this manner. From pictures of animal families observe likenesses in all animals.	
As an organism develops, it interacts in a growing environment.	We influence others through our interaction with them. They likewise influence us. Observe the interaction of fish in an aquarium. Positive interaction. Negative interaction.	

Concept	Some Activities	Teacher Comments
Heredity establishes our limits for growth and intellectual capacities. Environment and personal action determines the degree to which we reach our limits.	Discuss the fact that limits of intelligence, size, etc. were determined at conception. Reaching these limits comes through personal action and environment. Health practices. Study habits.	
Traits begin at conception.	Emphasize the fact that life begins before birth. Heredity traits are established upon the union of the egg and sperm.	

Human Growth and Development

Concept	Some Activities	Teacher Comments
Environment affects our development and our growth.	Humans are becoming taller and larger. How might we change in the future in light of environmental changes and different demands on the human - from manual labor to technology. Family problems resulting in malnutrition. Urbanization. Ghetto.	
Our environment is in a state of constant change.	World population increases. Research in medicine and health practices; fluoridation of water, food processing.	

Concept	Some Activities	Teacher Comments
We adapt to these environmental changes or become extinct.	Atomic energy - constructive uses and destructive uses. What if a new disease were introduced from space? TB was unknown by the Eskimo until exploration of the north. Smallpox was unknown by the Indian. How might we overcome the problem of air and water pollution. Investigate the changing environment which brought about the extinction of dinosaurs.	
Blood types are inherited.	Describe blood types. Describe the process for typing blood. Consider typing blood including RH if possible. Discuss RH factor. Invite resource person in from blood bank.	

Concept	Some Activities	Teacher Comments
A mutation is a permanent change in a gene.	Discuss changes in characteristics of fruit flies after exposure to radiation. Possibilities of chromosome change as affected by certain drugs such as LSD. How might a mutation affect a person (positively and/or negatively)?	

Concept	Some Activities	Teacher Comments
Eugenics is an attempt to improve the human race through regulation of inherited characteristics.	Individuals have responsibility for personal and social progress. Investigate the agencies in existence which are concerned with the perpetration of undesirable traits. Consider the social issues involved in human eugenics. Discuss abortion.	
Euthenics is the attempt to improve the human race through environmental regulations.	What do we mean by balance of nature? Trace the history of certain diseases carried by insects or animals. (malaria) Investigate world health problems and efforts at preventing certain diseases. Condider: No disease control. Comple e disease control. Popula ion control. No population control.	

Human Growth and Development

Concept	Some Activities	Teacher Comments
Environment may produce beneficial or detrimental variations.	Review effects of environment from conception through maturity. Consider man-made alterations in this environment, pre-natal to maturity. Discuss wholesome environments, poor environments and their implications for us.	

Human Growth and Development

Concept	Some Activities	Teacher Comments
Our body grows in many ways.	How we grow; our arms, legs, hair, nails, weight. Growth rates at various ages. Record of weight and height at intervals.	
Heredity controls our rate of growth and our growth potential.	(See Heredity)	
There are many factors affecting our growth and the degree to which we reach our hereditary potential.	Body glands - environment - organic conditions - disease	
Temporary or permanent adjustment to growth deviation is necessary where needed.	Severe growth problems of total body or of one area such as legs, arms, etc. People who have overcome great handicaps.	

Concept	Some Activities	Teacher Comments
Cells have basic structural similarities	Cell anatomy; drawings and slides	
Tissue is composed of cells. Tissue is specialized in function and performs complex tasks.	Examine tissue: Chicken - skin, muscle, heart liver, lung, etc. Frog - compare organs for tissue differences. Relate to human tissue specialization.	
Body organs work together in performing systematic functions.	A model of the human body. Body systems; skeletal, nerve, gastrointestinal, circulatory, respiratory, endocrine, reproductive.	

Concept	Some Activities	Teacher Comments
The skin is more than a body covering.	Anatomy of skin. Functions of skin. Care of skin.	
Healthy bodies are efficient.	Physical health and the relationship to mental health, appearance, etc. A definition of health.	
Taking care of our bodies is mostly an individual matter.	Decisions we must make concerning our physical well-being.	

Human Growth and Development

Books and Pamphlets

Lerrigo, Marion O. a doctor talks to 9-to-12 year olds. Budlong Press Company, Chicago, Ill. 1967.

Levinsohn, Florence. a doctor discusses mature adult living. Budlong Press Company, Chicago, Ill. 1967.

Levinsohn, Florence. what teenagers want to know. Budlong Press Company, Chicago, Ill. 1967.

Meilach, Doan Z. a doctor talks to 5-to-8 year olds. Budlong Press Company, Chicago, Ill. 1967.

National Foundation of the March of Dimes. Happy Birthday From the National Foundation. 800 Second Ave, New York, N.Y. 10017

Rosenberg, Edward B. a doctor discusses the pre-school child's learning process.

Perrin, J. Mark and Smith, Thomas E.. A Graded Program in Family Life and Sex Education. Family Life Publications, Moorehead State College, Moorehead, Minn.

Accent on You, Tampax, Inc. 161 EAst 42nd Street. New York, N.Y.

Educational Department. Female Reproductive Organs. Tampax, Inc. New York, N.Y. 10017

Williams, Sally R. Sex Education: What is It? Scientific Research Association. Chicago, Ill.

Channing L. Bete Co., Inc. Needed Clean Air, 1967 Greenfield, Mass. 01301.

Human Growth and Development

Filmstrips

612 YOUR BODY & ITS CARE

613 BILLY MEETS TOMMY TOOTH

613 COMMUNITY HELPERS FOR HEALTH

613 DOCTOR DON

613 GOOD HEALTH & CARE OF BODY

613 KEEPING CLEAN

613 KEEPING WELL

613 RIGHT CLOTHES HELP HEALTH

613 TREATING A COLD

613 WHY BE HEALTHY

613.7 WORKING & PLAYING TOGETHER

613.7 YOUR POSTURE

612.74 HUMAN BODY SERIES

534 SOUND ** EARS ARE FOR HEARING

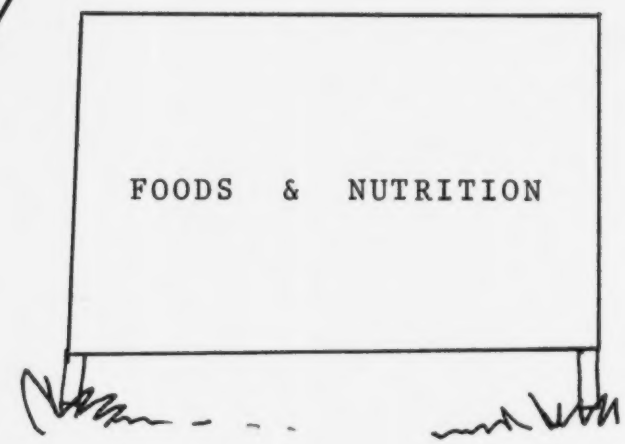
646.7 PERSONAL GROWING SERIES

Health & Welfare Agencies

Brandywine Valley Association, Inc.
F. & M. Building
West Chester, Pa.

Materials available:
good films, conservation - water pollution

STORE FOR THE
BIG MAN
GIGANTIC SALE


FOODS & NUTRITION

Hamburgers, potato chips, and fries
Are you being balanced - diet wise???

Foods & Nutrition

Concept	Some Activities	Teacher Comments
All living things need food.	Remove a plant from its soil. Living thing - degrees & kinds of soil. Hunger Places to eat What animals eat	
Food is necessary for growth.	Height and weight charts Amounts of food eaten by various ages and sizes	
Meal time is an enjoyable time	Attitudes - conversation Favorite foods	
There are many kinds of foods	Food displays in stores Pictures Sources of foods How food is grown Foods we like - dislike Choices we might have in sources of nutrients Papier-mache exhibits. Snack foods The grocer stocks his store; meat, produce, cans, dairy, breads, etc.	
Many factors influence an individual's selection of food.		

Concept	Some Activities	Teacher Comments
We need a regular supply of food.	The nutrients Body growth; health, organ development, energy, how we feel.	
Trying new foods can be fun.	Menu planning for needed nutrients; breakfast, lunch, dinner, parties Favorite family foods, menus, holiday foods Origin of three meals a day.	
Many factors affect what we eat.	Family habits Cultural habits Availability Astronaut's diet Soldier's diet Taste buds Blindfold taste tests Foods we adopted from other countries Surveys of foods left on platters Development of likes and dislikes A housewife today and 100 years ago in planning a meal.	
Some foods do more for us than others.	Food selection for adequate nutritional values need for variety	

Foods & Nutrition

Concept	Some Activities	Teacher Comments
Body processes need all known nutrients.	Analyze daily or weekly diets to determine adequacy or inadequacy Importance of foods for infants Specific uses of various nutrients	
Today's food nutrition and eating habits have a long range effect.	Weight through life Changing eating habits through the ages Caloric needs of individuals Caloric values - nutritional values Low calorie foods - energy needs	
Food value affected in preparation.	Skim milk, pasteurization, canning, freezing, cooking as opposed to uncooked Parasites in food, meat, and salads Vitamin loss in preparation Sprays Food and Drug laws Food quackery	
Proper nutrition is necessary for optical well being	Signals of improper diets National school lunch programs Criteria for a "good meal" Factors affecting an individual's food needs Studies relating good breakfast to well being	

Foods & Nutrition

Books & Pamphlets

Equitable Life Assurance Society of the U.S. Over-Under Weight. 1285 Avenue of the Americas, New York, New York 10019.

Heinz, H. J. Company. Facts About Food. Pittsburgh, Pa. 1968.

McKinley, Robert C. Geraldine. National Dairy Council. Chicago, Ill.

Piltz, Albert ph.d. How Your Body Uses Food. National Dairy Council. Chicago, Ill. 1968.

Foods & Nutrition

Filmstrips

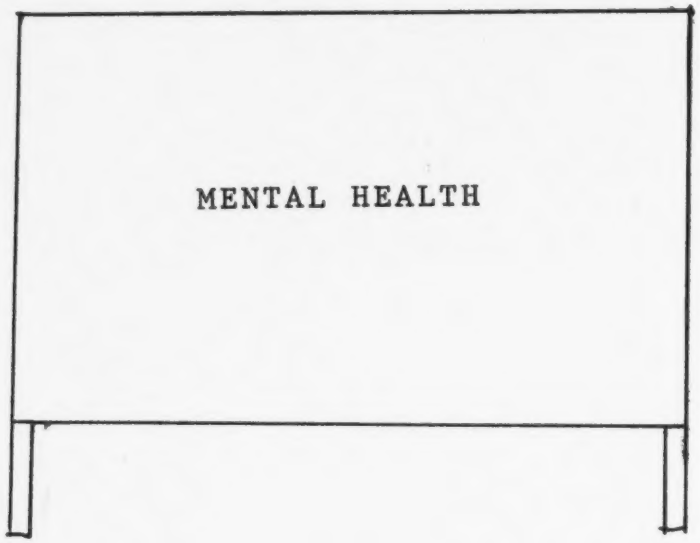
500	WORLD OF LIVING THINGS
641	FOOD WE EAT
641	FUEL FOR THE BODY
641	GETTING FOOD READY FOR MARKET
641	KINDS OF FOOD
664.1	SUGAR THROUGH THE AGES
635.	VEGETABLES
646	TOWARD A CLEAR COMPLEXION
641.4	CANNING & PRESERVING
642.1	PLANNING MEALS FOR NUTRITION
641.1	VITAMINS
641	WHAT'S IN OUR FOOD
634	THE STORY OF HOW APPLES GROW

Health & Welfare Agencies

Meals on Wheels
1213 Delaware Avenue
Wilmington, Del. 19806
Phone: 655-6151

Sunday Breakfast Mission
Front & Orange Streets
Wilmington, Del. 19899
Phone: 656-8542

Department of Food Services
(Wilmington Public Schools)
1400 Washington Street
P.O. Box 869
Wilmington, Del. 19899



Enjoy being you!!!

Concept	Some Activities	Teacher Comments
You are important.	Unique, exciting A booklet about yourself Tell about yourself Hobbies, pets Discuss family names	
Heredity establishes our potential. Environment determines our reaching this potential.	How you have developed and things you can now do that you could not do when younger What babies can or can't do What older children can or can't do Discuss, draw, or write concerning what you would like to be.	
Joy and sorrow are parts of living.	Describe moods from pictures in magazines and decide why the person might be in that mood. Dramatize moods Things to do when we have upset feelings Things which make us happy or sad	
We take pride in success.	Doing things right Helping at home or in the classroom Success through planning Success through saving Social success through neatness What is success?	

Concept	Some Activities	Teacher Comments
Rules and laws exist for our protection.	Meaning of yes and no Rules for the playground, home, and classroom Origin of rules or laws	
We learn to care for ourselves	When alone, the responsibilities we must accept When in a group situation, group responsibilities Responsibility which comes with independence Additional independence you expect in near future.	
Self control is necessary for happiness.	Things to do when unhappy; hobbies, play, talk What do you do? Understanding various points of view Agreeing and fighting	
We develop habits.	Define habit Doing a job right takes less time than doing it wrong. Habits of planning Habits of study Habit of sleeping late Habit of smoking How do we develop these habits? Talk about your good habits	

Concept	Some Activities	Teacher Comments
We need friends.	Think of your best friend. How did he become your best friend? Need for many friends.	
Leadership is learned and earned. Good leaders are good followers.	Why leaders - how selected Characteristics of good leaders Leadership roles: committee, team, class, political, military	
We must respect the rights and differences of others.	Differences in people: race, culture, religion, sex, handicap, opinion prejudice	

Concept	Some Activities	Teacher Comments
Awareness and understanding of prejudice	Define prejudice: What is prejudice in relation to: foods, personal appearance (i.e. clothing, color, hair, cleanliness, teeth); socio-economic status (i.e. type of parental employment); use and abuse of public and private property (i.e. student who doesn't work in a course in school and fails the course - then is against school as a whole and strikes back by destroying any school property); past experience (i.e. prisoner trying to get a job after release) Discuss ethnic groups, nationalities and institutions in respect to prejudice: Respect and understanding of others, even if they have different beliefs and backgrounds than you (i.e. Negro-White; Indian-White; Catholic-Protestant-Jewish; Jewish-Egyptians) Different family backgrounds (i.e. neighborhood one grows up in.) Accepting peoples' differences BEFORE pre-judging. (Can't judge a book by its cover.) One who, on first appearance, may not have been chosen by you for a friend, may later become your best friend. Negro/ White/ Indian/ Oriental Understanding of: discrimination, minority groups, ethnic heritage, etc. Scapegoating.	

Mental Health

Concept	Some Activities	Teacher Comments
We adjust to new situations as we grow.	Group activities From primary to elementary, to middle school, to high school, to college	
Self respect begins with the individual. Respect for others is necessary in order to receive respect.	Accepting self and one's own abilities Self evaluation of self-control, good manners, sharing, selfishness, etc. How we develop good self-images	
We must make decisions concerning right and wrong.	Group decisions Individuals make decisions Discussions on need for rules Beginning societies and the evolvement of rules Democratic action in the classroom and the maturity necessary for a good democratic environment	
Emotions are normal. We develop skills in controlling emotions.	Reactions to situations Using reason in response to situations. Normality of fear, anxiety, doubt, sorrow, etc.	

Concept	Some Activities	Teacher Comments
We must balance our activities.	"I don't have time." Time is the stuff life is made of. An activity chart for a day, week, etc., showing rest, study, recreation How do you spend your time? Goals for the day, week, life.	
We like and are liked according to certain traits we possess or see in others.	Traits you like in people - Traits you dislike in people Describe the perfect person. Class study of admired traits and of annoying traits (The Jester - practical joker - sense of humor - considerate)	
There are many people with whom we can share our problems.	Personal problems which bother us most With whom do I share different kinds of problems? Friends, parents, teachers)	
Health of self involves all components.	Physical, emotional, social, spiritual Our understanding of love, hate, fear, security, etc.	

Concept	Some Activities	Teacher Comments
Our mental health is determined in part by our acceptance of our environment.	The grass is always greener on the other side We are a part of our environment. It is a part of us. Self acceptance	
Communication is essential in interrelationships of people.	Communications on all levels of living; international, organizational, peer group, boys and girls, Intercultural, husband and wife, parent and child Ways to keep lines open or closed	
Personality development is a continuing process.	We are a product of our experiences. How new experiences change our view of ourselves and of others Qualities we like and dislike in others.	
Our roles and responsibilities change as we mature.	Acceptable patterns of behavior for various ages Decision making Responsibilities for self and others Right (to drive) and responsibilities Right (to ride a bike) and responsibilities	

Mental Health

Concept	Some Activities	Teacher Comments
Consequences are accepted when we have freedom of choice.	To cheat or not to cheat To smoke or not to smoke To go to the movie or study for a test To speed or not to speed Petting or not to pet	
Environment molds our personality	Religious faith - education Amount of restrictions in the home (discipline) parental habits Socio-economic Friends	
Misconceptions in regard to mental illness are barriers to realistic attitudes of prevention and treatment	Studies of conditions sometimes confused with mental illness in order to dispell certain fallacies Epilepsy, cerebral palsy, muteness, deafness Search for definitions of mental illness	

Mental Health

Concept	Some Activities	Teacher Comments
Suicide is a problem in our society.	Statistics, numbers, ages, causes, preventions	
Emotional needs cut across all levels of intelligence.	Human needs of love, security, attention, and success	
A wide range of intellectual ability exists in the human population.	Statistics on abilities Grouping for study Define intelligence.	
Everyone has a personality.	Personalities we like or do not like Factors influencing personality	
Personal goals must be realistic.	Establish goals, discuss them with guidance counselor, others Face facts concerning aptitudes	
Values develop from environment.	Your values; persistance, cheating, determination, courage of convictions	

Mental Health

Concept	Some Activities	Teacher Comments
We affect other people's mental health.	Interaction with others Kinds of criticism Attitudes toward others who are different Respect for the individual and his values Friendship, kindness, helpfulness, sharing joy and sorrow	
Our perceptual field is formed in the culture in which we are raised.	What is normal? Discuss ethnocentrism Rules in our culture and another Your concept of self Your religion and others Concept of culture	
Mental illness, like physical illness has various causes, degrees of severity and methods of treatment.	Conflicts within the individual Problems we can't solve How we evade or live with problems we can solve Changing society and mental health Automation History of attitudes and treatments Clinics, therapy, attitudes Interaction of people and mental health	

Mental Health

Concept	Some Attitudes	Teacher Comments
Physical and mental illness affect each other.	Hypochondriac Psychosomatic Confinement due to injury or handicap Isolation due to sickness Worry over physical illness	
Mental illness and mental retardation are not the same.	Define each. Discuss causes of each.	
There is much to be learned concerning the problems of retardation.	Discuss intelligence I. Q. Good points of measure Fallacy of measure Research Causes of mental deficiency	
Socio-economic deprivations result in a loss of human potential.	Environment and its influences on human potential Self-image Malnutrition	

Mental Health

Books and Pamphlets

Blue Cross & Blue Shield, Adolescence for Adults. 201 West 14th St., Wilmington, Del. 1969.

Connecticut Mutual Life Insurance. Doors to Open. Hartford, Conn.

Connecticut Mutual Life Insurance. Needlepoints: The Everyday Tensions In A Woman's Life. Hartford, Conn.

Glasser, William, M.D. Reality Therapy: A New Approach to Psychiatry. Harper & Row. New York. 1965.

Glasser, William, M.D. Schools Without Failure. Harper & Row. New York. 1969.

Human Relations Aids. Harvard Human Relations Aids Packet. 419 Park Ave. South New York.

Neisser, Edith G. Blue Cross Association. 840 North Lake Shore Drive. Chicago, Ill.
All of the following:
How Do You Do? #7 1960.
Improving Your Personality #2 1959.
Keeping Friends #6 1960.
Personality: What Is It? #1 1959.

Pratt, Dallas M.D. Mental Health Is A Family Affair. Public Affairs Pamphlet #155.

Mental Health

Health & Welfare Agencies

Delaware Association for Retarded
Children, Inc.
3030 Bowers St.
P.O. Box 1896
Wilmington, Del. 19899
Phone: 764-3662

Delaware Psychological Association,
Inc.
Pres. George A. Cicala, Ph.D.
Department of Psychology
University of Delaware
Newark, Del. 19711
Phone: 368-0611

Delaware State Hospital
New Castle, Del. 19720
Phone: 658-4366

Department of Mental Health
Midway Professional Building
2055 Limestone Road
Wilmington, Del. 19808
Phone: 994-5763

Mental Health Association of Del.
701 Shipley Street
Wilmington, Del. 19801
Phone 656-8308

Wilmington Child Guidance Center
2013 Baynard Blvd.
Wilmington, Del. 19802
Phone: 654-2414

SAFETY
Riding,standing,
walking,gawking
Careful - be not
a statistic talking!

Concept	Some Activities	Teacher Comments
Safety on the way to and from school.	Play traffic games using pupil-made traffic lights.	
	How to cross highways under different circumstances	
	Have pupils learn procedures for finding their way when lost (name of parents, address, and telephone number).	
	Use toy cars for highway situations encountered by pupils on their way to and from school.	
	Have pupils discuss their experiences to and from school.	
	Have the bus driver, patrolman and traffic officer in for discussions with the pupils.	

Concept	Some Activities	Teacher Comments
	Discuss situations where pupils are approached by strangers and what they should do in those situations.	
	Discuss what should be done in emergencies such as a personal injury or the injury of a friend (get HELP).	
Safety at school.	Invite a fireman in to discuss procedures for a fire drill.	
	Discuss and practice movement at school, the halls, dismissal, cafeteria, and the rest rooms.	
	Discuss rules for the playground How to use the equipment.	

Concept	Some Acitivities	Teacher Comments
Accident potential is always present but accidents can be prevented	Have pupils discuss dangers present in games and in such toys as darts, arrows, marbles, ball bats, etc. Use demonstrations. What to do if your ball goes into another group's activity What to do if ball goes into the street	
Common sense dictates action in many situations	What to do concerning railroads, old buildings, excavations, cars, refrigerators, strange animals, electricity, poison plants, poison in the home medicine cabinet.	
Carelessness, thoughtlessness and lack of skill are determining factors in accidents.	Discuss accident potential, probable cause, and how each could be prevented (in other words classify). Consider accident susceptibility according to age and activity. Home, school, vacation	

Concept	Some Activities	Teacher Comments
(continued)	Re-design areas and establish guidelines for accident prevention	
	Have pupils create accident situations and select other pupils to solve them Handling hot liquids Stepping on sharp objects Thrown from cars.	
	Have pupils discuss accidents that happened to them or to relatives.	

Concept	Some Activities	Teacher Comments
Prevention of accidents with bicycles requires skill in operation, knowledge of bicycle laws and maturity in judgment.	Have a bike rodeo Discuss the workings of a bicycle Have an officer discuss bicycle laws. Have bicycle accident reports Have demonstrations of safe bicycle practices	
All emergencies are not man made.	Discuss world disasters and then select those which might happen in your area. Discuss accidents connected with the weather.	
Pedestrians share in the responsibility of traffic accidents.	Discuss the drivers' side of the problem.	

Safety

Concept	Some Activities	Teacher Comments
Accepting tasks means accepting responsibility and securing knowledge concerning the task.	Mowing lawns Discuss the operation and its dangers. Consideration for flowers, etc. Having other persons around. Babysitting - put students in different situations Develop a procedure and a content of information concerning the task. Emergency phone numbers, parents, police, fire, doctor Characteristics of age levels Activities to perform with children Solve hypothetical emergencies while babysitting What to do for minor accidents	
Accidents are expensive.	Invite a claims adjustor in. (Tom DeCampli of Mutual of Omaha can be contacted at the Wilmington office) Secure statistics concerning accidents, cost to family, cost to industry Accident rates by age and sex.	

Concept	Some Activities	Teacher Comments
Activities are no longer enjoyable when accidents occur.	Involve resource persons in discussion of activities Hunting, fishing, swimming, and other aquatic sports, football,aand other sports, archery	
Procedure for first aid	Artificial respiration Bleeding Shock Broken bones Strangulation	
Mechanical manipulation of a car is only a part of driving.	Accident rate by age and sex Describe a good driver you know. Describe a poor driver you know. Discuss driving under different weather conditions. Discuss driving in various environments. Discuss driving when under the influence of stimulants or depressants. Tell advantages of driver education. Physical handicaps Driving by the mentally ill	

Concept	Some Activities	Teacher Comments
	Man as the cause versus the vehicle, driving conditions, etc.	
	List the causes of auto accidents.	
	Invite a person in who is involved with traffic enforcement.	
	Discuss traffic laws concerning various vehicles.	
	Secure statistics concerning accident rates for cars, trucks, planes, bicycles, motor cycles, etc.	
	Safety features for driving	

Concept	Some Activities	Teacher Comments
As future parents and adults, you will be concerned with the welfare of children - their protection and safety.	Secure information concerning the vulnerability of various ages of children with regards to: 1. poisons 2. drowning 3. plants 4. bicycles 5. falls 6. cars 7. guns 8. knives 9. electricity 10. fire 11. lack of seat belts 12. broken glass, nails, etc. Discuss safe environment as opposed to instructions for small children. Examine your own home as a place to rear children. Initiate community activities for safety such as fire prevention, emergency poison information, child molesting, safe toys, etc.	

Safety

Concept	Some Activities	Teacher Comments
There are many community services involved in safety promotion.	Invite various resource persons in from Red Cross, American Automobile Club, Health Department, Police Department, etc.	
Prevention of accidents is our number one objective; however, precaution is necessary.	Discuss precautions for: 1. fire 2. aquatic sports 3. poison 4. bleeding 5. acids 6. caustic materials	

Safety

Books and Pamphlets

American National Red Cross. First Aid Manual. Doubleday & Co., Inc. Washington, D.C.

American National Red Cross. Safety Charts Dealing with Activities. Washington, D.C.

Bicycle Institute of America, Inc. Bike Quiz Guide. 122 E. 42nd Street, New York, N.Y. 17

Lilley Eli & Co. Charts on Activities with Safety Displayed. Indianapolis, Indiana.

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Safety

Filmstrips

BUS SAFETY

Health & Welfare Agencies

American National Red Cross
910 Gilpin Avenue
Wilmington, Del. 19806
Phone: 655-3341

Blood Bank of Delaware, Inc.
301 E. Matson Run Rhwy.
Wilmington, Del. 19802
Phone: 762-4300

Blue Cross & Blue Shield of Del., Inc.
201 West 14th Street
Wilmington, Del. 19899
Phone: 658-2441

Board of Game and Fish Commissioners
North Street
Dover, De. 19901
Phone: 734-7473

Delaware Poison Information Service, Inc.
501 West 14th Street
Wilmington, Del. 19899

Delaware Safety Council
1083 DuPont Building
Wilmington, Del. 19801
Phone: 654-7786

New Castle County Ambulance Service
County Engineering Building
Kirkwood Highway
Box 165
Wilmington, Del. 19899
Phone: 994-0901

Delaware State Police
DuPont Highway
Dover, Del. 19901
Phone: 743-5973

Agencies (continued)

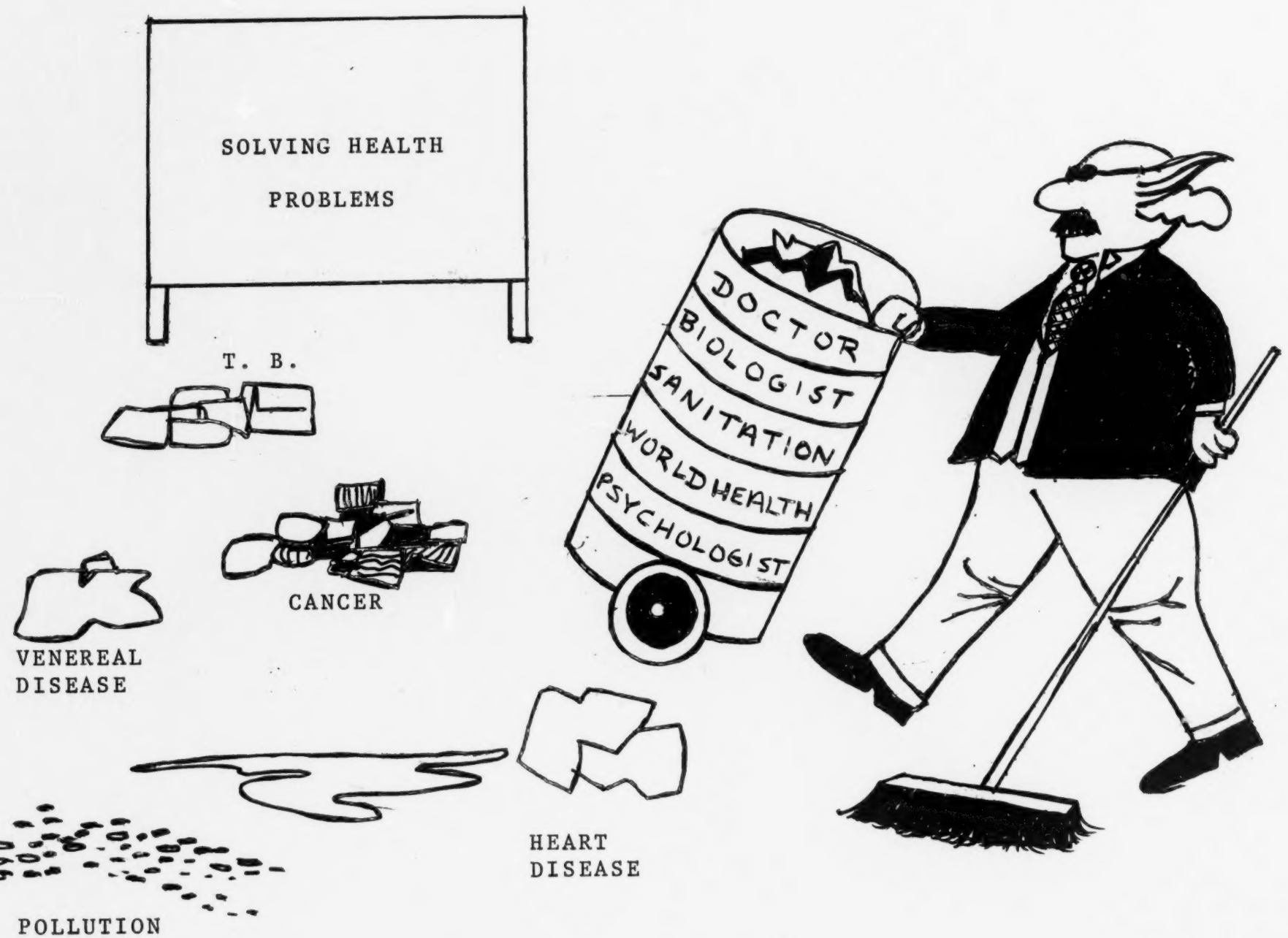
Wilmington Youth Aid Unit,
Bureau of Police
Public Building
10th and French Streets
Wilmington, Del. 19801
Phone: 655-6131 Ext. 504

State Department of Civil Defense
Delaware City, Del. 19706
Phone: 834-4531
New Castle County:
County Engineering Building
Kirkwood Highway
P.O. Box 5137
Wilmington, Del. 19808
Phone: 998-2211

Wilmington Civil Defense Agency
1201 Northeast Blvd.
Wilmington, Del. 19802
Phone: 654-8206

Insurance Claims Adjustor
ex. Tom DeCampli
Liberty Mutual
Wilmington office

Insurance agencies
[statistics of Life expectancies
formerly, now; types and amounts
of accidents as to age groups]


SOLVING HEALTH
PROBLEMS
T. B.
CANCER
VENEREAL
DISEASE
HEART
DISEASE
POLLUTION
DOCTOR
BIOLOGIST
SANITATION
WORLD HEALTH
PSYCHOLOGIST

Solving Health Problems

Concept	Some Activities	Teacher Comments
We feel different when we are ill (sick)	How we feel when we are ill How we feel when we are well Symptoms of illness.	
Germs may cause us to become ill.	Disease The cold Discuss organisms, disease causing, and non-disease causing. Grow cultures. Bacteria, fungi, viruses, rickettliae, protozoa, metazoa Discuss ways in which disease is spread	
Disease is spread in many ways. It's onset and course depend on many factors. We must tell our parents when we are ill.	Discuss health habits which keep us well. Trace causes, effects, and history of a particular disease.	
Research is solving many problems of disease.	Individuals who have contributed Organizations Discuss how we have only recently moved out of the "dark ages" of health practices and disease prevention.	

Concept	Some Activities	Teacher Comments
There are reciprocal relationships involving host, agent, and environment.	Man affects the interaction process and the state of equilibrium among the forces through: body defenses, heredity, constitution, habits, customs, age, sex, and man's power to control these agents.	
	The interaction process and state of equilibrium varies according to: 1) basic characteristics such as growth and reproduction, and toxic potential 2) resistance to attack by body processes and against heat, cold, sunlight, moisture, and chemicals 3) ability to gain access and adopt themselves to the host 4) ability to cause tissue reaction to the host 5) strength 6) their sources and mobility	

Concept	Some Activities	Teacher Comments
Disease occurs when an imbalance exists between the host and the disease agents as they interact in the environment.	Disease cause and effect is complex Discuss the following: Communicable Infectious (incubation or set progressive stage) Contagious Non-communicable Functional Emotional Mental Heredity Degenerative Neoplastic Metabolic Traumatic Radiation Unknown	

Solving Health Problems

Concept	Some Activities	Teacher Comments
Good health practices lessen the complications of a disease.	Procedures we follow in prevention and in caring for ourselves when we have a disease (cold, infection, etc.) Body resistance to disease	
Prevention and control of disease is the responsibility of many people and agencies.	Self Community services Health agencies World health agencies and organizations Parents	
We are healthier now than ever before and have a greater life expectancy as a result of increased health knowledge.	Statistics	

Solving Health Problems

Concept	Some Activities	Teacher Comments
Certain diseases are more prevalent in some environments.	Yellow fever, etc.	
We may control disease through our knowledge and acceptance of this knowledge.	Discussion and research into cause and prevention of a particular disease Discuss new strains of disease. How to minimize effects when impossible to prevent Prevention of communicable and chronic disease as well as control (insulin, vaccination)	

Concept	Some Activities	Teacher Comments
There is a decline in the incidence of many diseases. Vaccines are known for these.	Measles Mumps Polio Whooping Cough	
Some diseases are showing no particular incline or decline. Vaccines do not exist for these.	Rheumatic fever Chicken pox Infectious Hepatitis	
Some diseases are showing an increase among young persons. Syphilis and Gonorrhea may be cured with penicillin.	Infectious mononucleosis Syphilis Gonorrhea	

Concept	Some Activities	Teacher Comments
There are eight diseases which are classified as venereal diseases. Three of these are important in the United States.	Syphilis Gonorrhea Chancroid A major social problem Physical and mental suffering Sterility Cost to individual and public Statistics Transmission Epidemiology Responsibility of the individual	

Solving Health Problems

Concept	Some Activities	Teacher Comments
Teeth have many uses.	Eating, talking, appearance (Personality) Chart showing teeth and their functions Chart showing the anatomy of a tooth Have children bring their baby tooth (teeth) to show structure. Discuss different animals' teeth and their uses. Cats-meat, cows-grass beavers-cutting	
We must take good care of our teeth.	Proper brushing Avoid sweets between meals No hard objects in mouth such as using teeth to crack nuts Avoiding accidents such as at the drinking fountains Visiting the dentist Discuss advertising on TV concerning dental products Orthodontic treatment Decay	
We lo se our baby teeth.	Baby teeth (20) Permanent teeth (32) Must last us all our life	
Most dental disorders may be prevented or corrected	Decay-Peridontal diseases Missing teeth	

Solving Health Problems

Concept	Some Activities	Teacher Comments
History records cancer as a problem of early man.	Research these problems. Early work in this area Curie Percival Pott Roentgen	
Cancer is a disorderly growth as opposed to an orderly growth of healthy cells.	Examine disorderly growth in plants. Look at slides of normal and abnormal growth.	
Cancer is the name used for disease having characteristics of abnormal growth.	Malignant neoplasms Malignant tumors Benign	
Cancer is a concern to everyone (Most cancer can be cured.).	Research the statistics on cancer.	

Concept	Some Activities	Teacher Comments
The exact cause of cancer is not known.	Things which encourage undesirable changes in cell growth; smoking, air pollution, occupational effects, environmental effects, irritation, etc.	
Treatment of cancer is inhibited by "quacks" and other fallacies.	Discuss what you have heard about cancer and its treatment. Research the possible causes; viruses, hormones, heredity, age, irritations, occupational causes, customs, smoking, diet.	
There is information available to protect us from cancer.	Seven danger signals of the American Cancer Society	
Many organizations are involved in research relating to a cure for cancer. This began some 200 years ago.	Dr. Pott John Hunter Rudolf Virchov Leewenhoek Roentgen Curie Paparicolaou	

Solving Health Problems

Concept	Some Activities	Teacher Comments
Cancer Cells are different	Histologic test Sarcoma Carcinoma Melanoma Lymphoma Leukemia	
Early detection is imperative in the treatment and cure of cancer. The incidence of cancer varies according to sex.	Have a resource person discuss the various detection methods	

Solving Health Problems

Books and Pamphlets

American Dental Association. Dental Facts for Teachers. 211 East Chicago Avenue. Chicago, Ill. 60611. 1966.

American Heart Association. What Teachers Should Know About Children with Heart Disease. 44 East 23rd. Street. New York, N.Y. 10010.

American Social Health Association. Some Questions and Answers About V.D. 1740 Broadway, New York, N.Y. 10019.

Blakeslee, Anton L. and Stewart, Maxwell S. T.B. - New Hope and a New Challenge. Public Affairs Pamphlets #156, 22 East 38th Street. New York 16, New York.

Blakeslee, Anton L. and Saltman, Jules. T.B. - The Road to Eradication. Public Affairs Pamphlets #156B, 381 Park Ave. South, New York, N.Y. 10016.

Brown, Abe A. and Podair, Simon. Venereal Disease - A Renewed Challenge. Public Affairs Pamphlets #292A, 381 Park Ave. South, N.Y. 10016.

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Diabetes Information and Education Center. What the Teacher Should Know About the Diabetic Student. Box 1280, Lynchburg, Va. 24505.

Heart Association of Delaware. Heart Puzzle. American Heart Association 44 East 23rd St. New York 10, N.Y.

Marks, Morton, M.D. Multiple Sclerosis. National Multiple Sclerosis Society. 257 Park Avenue South. New York, N.Y. 10010.

National Multiple Sclerosis Society. Multiple Sclerosis Facts. 257 Park Avenue South, N.Y., N.Y.

Seaver, Jacqueline. Cerebral Palsy. Public Affairs Pamphlets, #401. 381 Park Avenue South, New York, New York, 10016.

Swolensky, Jack.... School Health Problems. Fearon Publishers, Inc. 2165 Park Blvd. Palo Alto, California. 94306.

U. S. Department of Health, Education, and Welfare. Hearing Loss - Hope Through Research. 1968. Superintendent of Documents. U.S. Government Printing Office, Washington, D.C. 20402.

Solving Health Problems

Filmstrips

615.7 ANTIBIOTICS

616.2 CURES & COLDS

614 RURAL PUBLIC HEALTH

615.37 THE SALK VACCINE

616.86 VENEREAL DISEASE & YOUR HEALTH

615.37 IMMUNITY

Health & Welfare Agencies

Volunteers in Aid of Sick Cell
Anemia, Inc., Delaware Chapter
Pres. Bernard C. Jenkins
P.O. Box 932
Wilmington, Del.
Phone: 762-0988

Wilmington Department of Health
Room 182, First Floor, Public Bldg.
1000 King Street
Wilmington, Del.
Phone: 658-6641 Ext.407

Alfred I. duPont Institute of
the Nemours Foundation
Rockland Road
P.O. Box 269
Wilmington, Del. 19803
Phone: 655-6386

American Cancer Society
Delaware Academy of Medicine
1925 Lovering Avenue
Wilmington, Del. 19806
Phone: 654-6267

Board of Game & Fish Commissioners
North Street
Dover, Delaware 19901
Phone: 734-7473

Delaware Diabetes Association
1925 Lovering Avenue
Wilmington, Del. 19806
Phone: 656-0030

Delaware Epilepsy Association, The
1925 Lovering Avenue at Union Street
Wilmington, Del. 19806
Phone: 654-7876

Delaware Curative Workshop, Inc.
16th & Washington Streets
Wilmington, Del. 19802
Phone: 656-2521

Delaware Heart Association
2108 Baynard Blvd.
Wilmington, Del. 19802
Phone: 654-5269

Health & Welfare Agencies (continued)

Delaware State Dental Society
Delaware Academy of Medicine
1925 Lovering Avenue
Wilmington, Del. 19806
Phone: 654-4335

Delaware Tuberculosis and Health Society
1308 Delaware Avenue
Wilmington, Del. 19806
Phone: 652-4924

Director of Nursing Education
Wilmington
Mrs. Alexander

Emily P. Bissell Hospital
3000 Newport Gap Pike
Wilmington, Del. 19808
Phone: 998-2223

Interagency Council On Smoking & Health
1925 Lovering Avenue
Wilmington, Del. 19806

John G. Leach School
Landers Lane
Swanwyck,
New Castle, Del. 19720
Phone: 654-2479

Medical Society of Delaware, Inc.
1925 Lovering Avenue
Wilmington, Del. 19806
Phone: 658-7596

National Cystic Fibrosis Research Foundation,
Delaware Chapter
2627 Market Street
Wilmington, Del. 19812

National Foundation,
Delaware Chapter
1303 Delaware Avenue
Wilmington, Del. 19806
Phone: 658-4862

Wilmington Medical Center, Inc.
501 West 14th Street
Wilmington, Del. 19899
Phone: 654-5111

National Multiple Sclerosis Society
Delaware Chapter
Academy of Medicine
1925 Lovering Avenue
Wilmington, Del. 19806
Phone: 654-4502

State Board of Health
Federal Street
Dover, Del. 19901
Phone: 734-5711

United Cerebral Palsy of Delaware, Inc.
Pres. A. Cyben Lubitsh (Mrs.)
1424 Bucknell Road. Green Acres
Wilmington, Del. 19803
Phone: 764-5455

United States Public Health Service
1411 North Van Buren Street
Wilmington, Del. 19803
Phone: 764-5455

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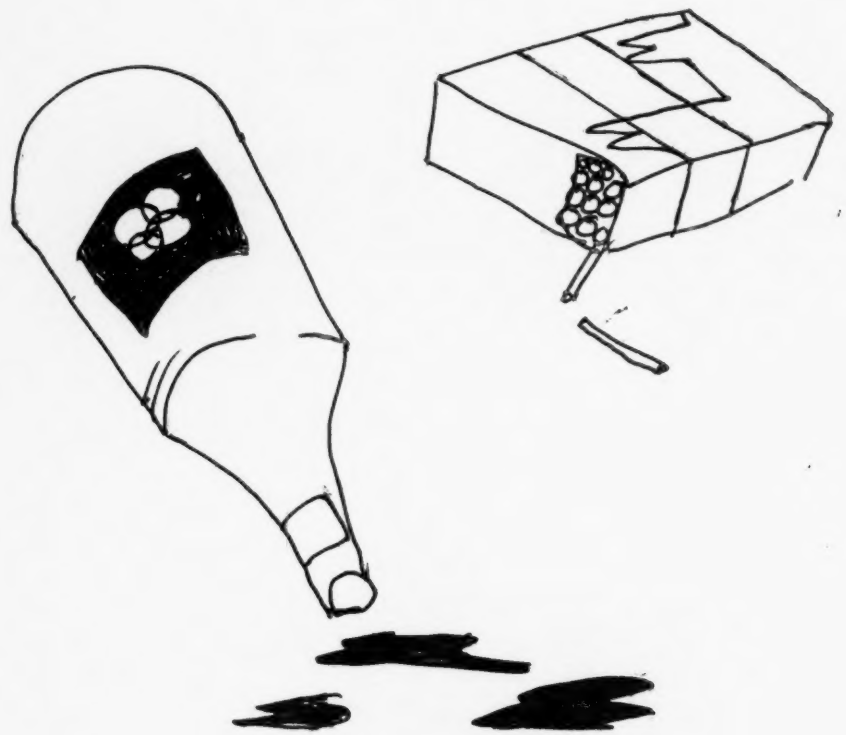
TOBACCO, DRUGS & ALCOHOL

Why start something
you may want to stop?



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Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
Tobacco is a plant.	The history of tobacco and its uses. The tobacco industry Effect on the economy	
The use of tobacco is a habit	Discuss habits in general. Habituation rather than addiction Mental dependence rather than physical. Drug effects of nicotine on the body Psychological factors involved in smoking Research concerning drug effect pattern of nicotine	
Smoking affects the body in many ways.	Physiological effects; cancer, heart, respiratory system, ulcers, smoking mother on fetus, psycho-social factors Why we start How we stop	

Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
Tobacco use is expensive	Determine the cost of smoking one pack of cigarettes per day for various periods of time. Health problems caused by smoking Add extra expense to the family budget	
Why people smoke or why they do not. Why do they not stop smoking in light of recent findings?	Surveys of pupil population and parent population Develop a questionnaire and give to the pupils, parents, and teachers.	

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Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
Drugs modify mood.	A presentation of drugs and narcotics Heroin, cocaine, marijuana, barbiturates, LSD, amphetamines, tranquilizers	
Drugs are valuable in the relief of pain and as a result of their benefits have increased the life expectancy of man.	The history of pain preventatives The witch doctor Old time remedies Aspirin Narcotics, patent medicines, anesthetics, tranquilizers, antibiotics, barbiturates, hallucinogens	
Research and development of drugs is a constant endeavor.	Invite a Pharmacist in to discuss his role and present day research. Investigate early and recent persons and their accomplishments in this field.	
Drugs affect individuals in many different ways.	Allergies toward drugs Possible affects of drugs on infants (prenatal and postnatal)	
Risk is involved in the use of drugs	Psychological and physiological effects of aspirin, laxatives, pep pills, marijuana, glue sniffing, others	
Improper use of prescribed drugs is dangerous	Taking or administering drugs prescribed for someone else Taking over-doses Use of drugs by children Use of drugs by older persons through ignorance	

Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
Laws prohibit the legal use of most drugs.	Resource people Discuss laws as they pertain to the various drugs Investigate Harrison Act of 1914 Sale provides fines up to $20,000. and 5 to 20 years for the first offense.	
Drug addiction affects many people.	How individual is affected Also; family, stability, economy, society, crime, Cost of treatment	
Drug addiction is extremely difficult to cure and to this point has been ineffective.	Federal Narcotic hospitals Treatment procedures for various drug addiction	
Legislation has not proved effective in the spread of drug use.	Investigate through discussion or resource people the local, state, national and international controls of drug use Different countries take different approaches (England-United States) Security measures involved in the manufacture of drugs. World sources of drugs.	

Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
The legal and illegal use of drugs is increasing throughout the world.	Arrests and charges in the United States have doubled since 1960 for marijuana.	
Marijuana is dangerous in that it may lead to psychological dependence Marijuana has no medical use. The use of marijuana is illegal in this country.	Discuss the effects of marijuana on the individual Laws are extremely rigid.	
Drugs can destroy the individual and the family.	Heroin addicts may have their life span shortened by 15 - 20 years. $25.00 - $100.00 may be required for a day's supply of drugs. Crime is usually necessary to secure needed funds.	

Concept	Some Activities	Teacher Comments
There are two common types of alcohol.	Methyl Ethyl Study of the chemistry of alcohol	
Alcohol has many uses.	Industrial Medicinal Preservative Fuel Beverage	
Alcohol affects the body.	Depressant and stimulant Muscular response Vision Balance Reasoning Hearing	

Concept	Some Activities	Teacher Comments
The body does not digest alcohol.	Trace the paths of alcohol in the body.	
Alcohol is not a true food.	How it is like a true food How it is not like a true food What is a food? (Define true food).	
There are many reasons for the decision to use or not to use alcohol.	Cultural Physical Psychological Invite resource persons in such as clergymen, lawyer, etc. Gain acceptance Rebellion against authority Advertising	

Concept	Some Activities	Teacher Comments
Alcohol has temporary and permanent effects on the body depending on quantity used.	Narcosis in concentration of 0.3 - 0.4 per cent Sedative, hypnotic, analgesic Fatal in over dose. Anesthetic	
The misuse of alcohol presents many problems.	Mood modifier Decision making Personal Driving On the job Family Alcoholism	
Alcohol varies in the degree of effect with different people.	Many factors determine effect. There are physicological as well as psychological ones. Degree of intoxication Susceptibility toward alcoholism	

Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
Different religions take varied attitudes toward drinking.	Discussions led by religious representatives (clergy, parents, or pupils)	
Excessive use of alcohol is a health problem.	Intoxication and accidents to self and to others. Affect on body organs Mental health	

Concept	Some Activities	Teacher Comments
Internal as well as external factors influence our decisions in the use of alcohol as a beverage.	Cultural Psychological Professional environment Physical Advertising Economic	
Alcohol used as a beverage has many economic implications	Jobs in production and distribution Treatment of alcoholics Institutions for treatment Accidents Unemployment of alcoholics Taxes in distribution	
Alcoholism is a disease.	Secure statistics, use resource personnel degrees, characteristics of an alcoholic Treatment	

Tobacco, Drugs, and Alcohol

Concept	Some Activities	Teacher Comments
There are laws controlling the use of alcohol.	Age for drinking Sale of beverages Drunkenness Drinking and driving Production control	

Tobacco, Drugs, and Alcohol

Books and Pamphlets

American Cancer Society. Cigarette Smoking and Lung Cancer. 1965.

American Medical Association. How Teens Set the Stage for Alcoholism. 535 North Dearborn Street, Chicago, Ill. 60610.

Blue Cross and Blue Shield of Delaware. Drug Abuse: the Chemical Cop-Out. 1969.

Hass, Albert, M.D. Living With Pulmonary Emphysema. Institute of Rehabilitation Medicine. New York University Medical Center, 400 East 34th Street, New York, New York. 10016. 1963.

McGrady, Pat. Cigarettes and Health. Public Affairs Pamphlet #220A. Public Affairs Pamphlets, 381 Park Avenue South, New York, New York. 10016.

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U.S. Department of Health, Education and Welfare. Washington, D.C.
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LSD - Some Questions and Answers, #1828. 1969.
Marijuana - Some Questions and Answers, #1829, 1969.
Narcotics - Some Questions and Answers, #1827. 1969.
Task Force For Smoking and Health, Report to the Surgeon General.
The Up and Down Drugs - Amphetamines and Barbiturates, #1830. 1969.

Tobacco, Drugs, and Alcohol

Filmstrips

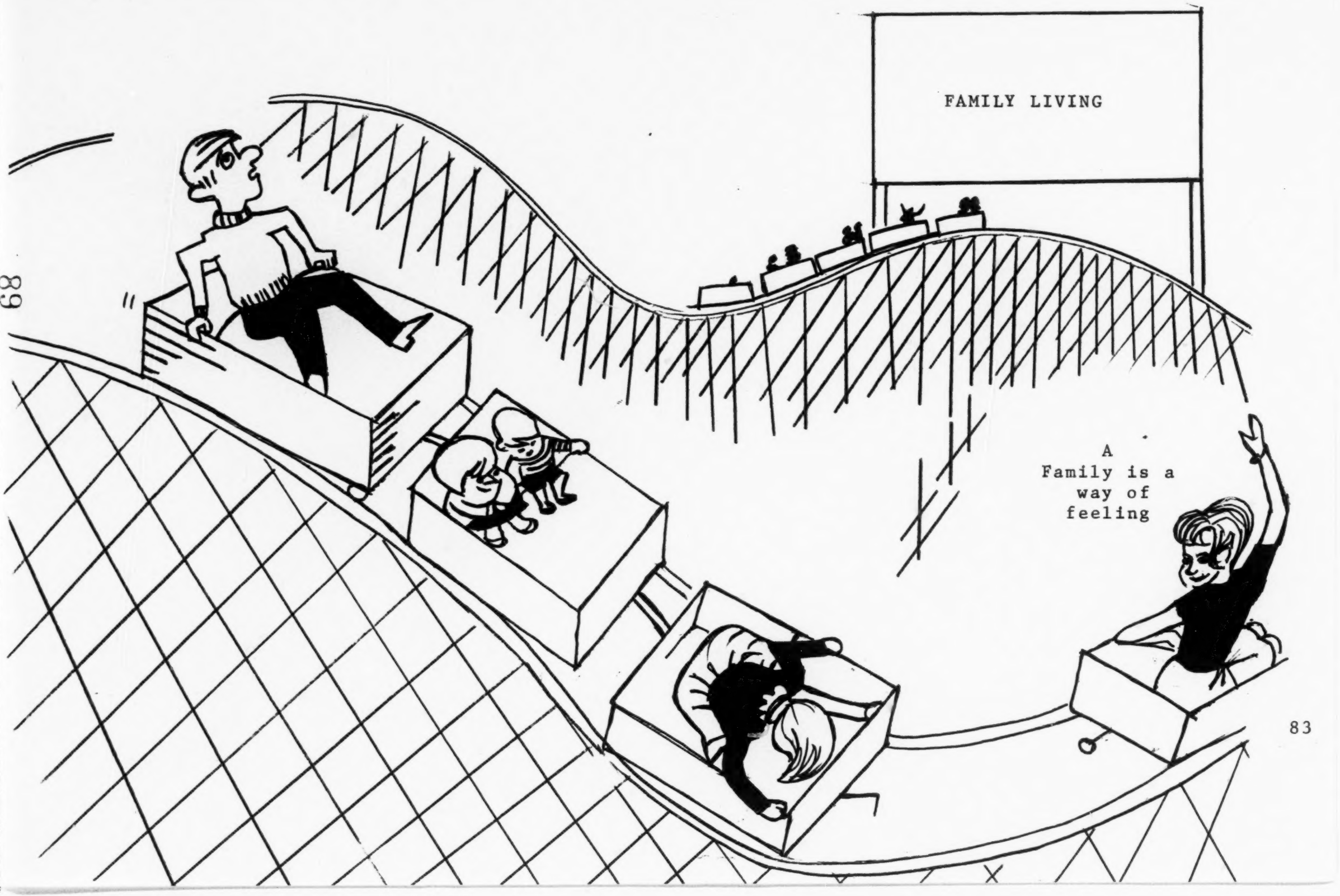
616.86	DRUG MISUSE & YOUR HEALTH
615	FROM TEST TUBES TO TABLETS
616.86	ALCOHOL & YOUR HEALTH
615.7	ANTIBIOTICS
613,8	CIGARETTES & HEALTH
616.86	SMOKE OR NOT TO SMOKE
616.86	TOBACCO & YOUR HEALTH
615	LSD & SNIFFING GLUE

Health & Welfare Agencies

Alcoholism Information Center
206 Medical Arts Building
Delaware Avenue & Jefferson St.
Wilmington, Del. 19801
Phone: 656-1808
Director: Wilhelmina C. Miller

1212 Corporation
1212 Market Street
Wilmington, Del. 19801
Phone: 652-9843
[solace & counseling for alcoholics]

WCTU
[Women's Christian Temperance Union]
Rachel Dickerson


FAMILY LIVING
A
Family is a
way of
feeling

Family Living

Concept	Some Activities	Teacher Comments
I am a member of a family and an individual within this family.	My family (Draw, paste, etc) Other families in my neighborhood Different family compositions Families of other lands	
	Types of housing; large, small, trailers, apartments, housing developments, rural living, other lands	
	My school family members How we make school a pleasant experience As individuals what we see in the mirror How we are alike Mouths to eat - noses to smell - feet to walk How we are different size, skin color, eye color, etc.	
With age we move toward independence and additional responsibility.	Changing roles of family members as they become older Added conflicts Added independence Added responsibility	

Family Living

Concept	Some Activities	Teacher Comments
Families work together to solve problems and have a happy home.	Death of pet Family member death Broken bone Injury-handicap Adjustments necessary when both parents work	

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Family Living

Concept	Some Activities	Teacher Comments
Family patterns are changing and are affecting our social environment.	Family patterns through the ages Changing family roles Pioneer, agricultural era, urban, etc.	
I was once a baby.	All babies are born as boys or girls Preparation for birth nursery, crib, diapers, doctor Mother goes to the hospital Grown-ups care for babies Other family members help care for children Babies must be fed, bathed, loved, etc. Roles of mother and father in caring for young Sometimes there are one-parent families Children in room with small brothers or sisters at home Parents who would bring young to school Human babies need more care and longer care than most animal babies.	

Concept	Some Activities	Teacher Comments
Girls become women. Boys become men.	Baby, child, teenager, grown-up Boys remain boys and grow into men. Girls remain girls and grow into women.	
All animal life grows from an egg.	Animals from eggs outside of body Animals from eggs inside of body Human babies grow from eggs inside of mother's body Gestation in humans is about nine months This is a growth process Gestation periods of various animals Incubation of children Development of tadpole	
A baby begins life through the uniting of sperm from a father and an egg from a mother.	Transparencies as visual aids When does life begin - Discuss	

Concept	Some Activities	Teacher Comments
Boys and girls usually dress diferently. They are different in appearance and like many different activities.	Reason for type of dress	
Men and Women look, sound and act different.	Roles, dress, voice Personality differences Actions, interests, work habits, vocations	
Parents have needs just as children do in a family.	All ages have some basic needs in varying degrees Food, clothing, privacy, love, sleep, recreation, friends, TV Time away from the children	

Family Living

Concept	Some Activities	Teacher Comments
Happy families are built on love and sharing.	What we mean by love Sharing Advantages of being a family member Consideration for other family members Consideration for other class members	
Our bodies make certain changes at the pre-adolescent period.	Body changes in insects Tadpole to frog Make growth graphs Menstruation Physical changes in approaching puberty Discussion of human growth and development Nocturnal emissions FILM: Human growth Menstruation	
Emotional change accompanies physical change.	Behavior in evidence by some children at this age Rebellion against adults Quarreling Sloppy Tease Tardiness Lack of attention Poor grooming Misbehavior Awkwardness	

Concept	Some Activities	Teacher Comments
	Age variations in reaching puberty	
Puberty initiates body changes including secondary sex characteristics.	Change to expect: Boys: beard, voice change, muscle development Girls: breast development rounding contours Body; complexion problems Study of body glands	
Preadolescence emphasizes the need for extended hygienic habits.	Acne and skin care Sweat and oil glands Body odor Sanitary napkins	

Family Living

Concept	Some Activities	Teacher Comments
Each member of a family is entitled to privacy.	Each member accepted and respected Privacy as we grow up Privacy for toileting Privacy for daydreaming, reading, thinking	
Boys and girls develop at different rates. Problems of boy-girl relationships naturally occur at this time.	Size - Physical maturity Social interest Sports interest	
This maturing and rapid growth calls for increased nutritional needs.	(See section on nutrition) Growth patterns Foods for growth and maintenance important at this time in development.	

Family Living

Concept	Some Activities	Teacher Comments
Social behavior is governed by group process as well as by individual decision.	How families make decisions Class decisions Committee decisions Individual decision making Effect of personal decision making on achieving long range or immediate goals Authority of parents Authority of others Conflicts in inability to reach satisfactory decisions Getting along with members of one's own sex Getting along with members of the opposite sex Decision making involved in dating (Boy-girl standards) How to say "no" Breaking off going steady Personal appearance	
Indiscriminate relationships in any type of action with others result in personal as well as group problems.	Values Reputation Guilt Emotional conflict False popularity (Topics of pre-marital intercourse, homosexuality, introduced with proper sensitivity) Double standards	

Family Living

Concept	Some Activities	Teacher Comments
An understanding of maturity is necessary for wholesome living.	Social Emotional Physical Learning to channel adolescent tensions into constructive activities. (Social activities, service activities, athletic activities) Fallacies about sex Resources available in meeting problems arising in human relationships	
There are physical, emotional and social differences in the sexes and in attitudes of the sexes. These result in male and female personality.	"Traits I desire most in the opposite sex" Moral and ethical Principals or determinants of what one really is Verbal/written self appraisal Finish phrase - "I like girls who....." "I like boys who....."	

Family Living

Concept	Some Activities	Teacher Comments
Men and women marry as a result of love. Most persons marry.	Cultural and family values Marriage customs Interfaith marriages Interracial marriages How you know he or she is "the one for you" How past experiences may form attitudes which carry over into married life and how they might affect the marriage Discuss customs and purpose of dating, courtship, engagements, wedding, and family Factors influencing success or failure of marriage Quasi-equality of the sexes Money and the family Costs for various families Formulate an average cost of living budget for one month. Occupations Wife working Counseling service for those planning marriage, married couples, and entire families	

Family Living

Concept	Some Activities	Teacher Comments
Many married couples desire children. Broad knowledge in reproduction is the responsibility of both parents.	Family planning Fertility Sterility Conception Embryological development Prenatal - postnatal problems The birth process problems The birth process Infant care Education of children and the responsibility of both parents in this matter Mental health of offspring and the parents role in developing wholesome mental health Meeting the physical needs of children Normal growth pattern from fertilization to birth	

Family Living

Concept	Some Activities	Teacher Comments
Some married couples find they are non-compatible.	(Factual viewpoint only) Separation Divorce With children Without children Reasons Counselling services Statistics Religious issues	
Some people remain single throughout life.	Those who choose not to marry Those who do not find a mate Adjustments to be made Reasons for not marrying	

Concept	Some Activities	Teacher Comments
Aging is changing. It begins with the beginning of life.	A continuous process of growth and change The heritage of all who live long enough Changes which occur in the cells and organs as life progresses Life span longer than in the past Many factors contributing to increased longevity Needs of the aged vary in intensity and degree rather than basic nature	
There are reasons we fear old age.	To outlive our usefulness To lose physical and mental strength To lose sexuality; the capacity for love and desirability To die	

Concept	Some Activities	Teacher Comments
Aging requires special consideration and respect.	Adequate medical supervision Companionship Proper diet Sense of pride and interest Accidents Appropriate activity and recreation	
Aging requires adjustments.	Problems of hearing and sight Decrease in stamina Break-up of family through departure and/or death Loss of friends Decreased earning power Loss of youthful appearance	

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648.5	THROUGH THE LOOKING GLASS	
648.1	FOCUS ON THE FAMILY WASH	Dr. Barbara Rose Crest View Health Maintenance Clinic 2700 Market Street Wilmington, Del.
332.4	BASIC ECONOMICS	
330	ECONOMIC SERIES	
332.4	ECONOMIC FOR OUR TIMES	Delaware League for Planned Parenthood, Inc. 800 Washington Street Wilmington, Del. 19801 Phone: 655-8852
172	NOT SO BLIND	
711.54	CLEARING THE SLUMS	Family Service of Chester Co. 300 South High Street West Chester, Pa. Phone: 696-4900
	FOUNDATIONS FOR OCCUPATIONAL PLANNING	

Health & Welfare Agencies

Family Service of Northern Delaware
809 Washington Street
Wilmington, Del. 19801
Phone: 654-5304

Florence Crittenton Home of Delaware, Inc.
504 South Clayton Street
Wilmington, Del. 19805
Phone: 656-5478
[Maternity home for unwed mothers]

Wilmington Senior Center, Inc.
1901 Market Street
Wilmington, Del. 19802
Phone: 654-4441
Exec. Director: Mr. Mraz

Youth Service Commission of Delaware
P.O. Box 2679
Union Street Station
Wilmington, Del. 19805
Phone: 998-1196

WORLD OF WORK

(TO BE DEVELOPED)

World of Work

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World of Work

Filmstrips

301.1	WORKING TOGETHER
301.1	ONE DAY WITH BILLY
352	COMMUNITY HELPERS
371.42	HOW TO.....CAREER OPPORTUNITIES
378	WHICH COLLEGE FOR ME?

Health & Welfare Agencies

Opportunity Center, Inc.
3030 Bowers Street
P.O. Box 254
Wilmington, Del. 19899
Phone: 762-0300

Vocational Rehabilitation Division
1500 Shallcross Avenue
P.O. Box 1190
Wilmington, Del. 19899
Phone: 656-4404

Visiting Nurse Association of Wilmington, Inc.
1308 Delaware Avenue
Wilmington, Del. 19806
Phone: 658-5205

Work, Inc.
407 West 9th Street
Wilmington, Del. 19801
Phone: 652-3943
[provides steady jobs and counseling]

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Compiled by (Mrs.) Gertrude Kemlein
Greenville Elementary School Library

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613 Keeping Clean. (P)

613 Keeping well. (K-P)

613 Right clothes help health. (K-P)

613 Treating a cold.

613 Why be healthy. (P)

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Eye

Human body

Human body

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Instructional Materials Center
Alexis I. duPont Middle School

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Hospital Administration
Hospital Careers
Medical Assistant
Medical Technology
Microbiologist
Nursing
Osteopath
Pharmacist
Pharmacologist
Podiatrist
Psychologist
Psychiatric Aid
Psychiatrist
Radiologic Technologist
Sanitarian
Social worker
Speech pathologist
Therapist X-Ray technician

Science Center

Drugs
Health protection--Public
Mosquitoes-of public health importance and their control
Health

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